



# The Journal

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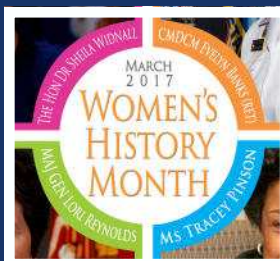
## Region CMC Call at NSAB



Photo by MC2 Hank Gettys



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# President's Column

By Dr. Richard W. Thomas  
USU President

Traumatic brain injury (TBI) is a significant health issue impacting our service members and veterans, and here at the Uniformed Services University (USU), our faculty, staff and students remain focused on supporting our troops who have been diagnosed with TBI. Our ongoing research and collaborations with experts in the field have led to numerous ground-breaking discoveries, which continue to unearth the unknown about these “invisible wounds” of war, ultimately leading to better treatment and recovery and enhancing readiness.

Last month, USU researchers co-authored a study that discovered a new test using peripheral vision reaction time could lead to earlier diagnosis and more effective treatment of mild TBI. The study, published in the *Journal of Neurotrauma*, found that by measuring peripheral vision reaction, we may be able to quickly identify mild TBI patients who have a more severe underlying injury. The test appears to be transparent, objective, and inexpensive.

USU researchers also recently found mild TBI could be linked to eye movement impairment, even beyond the acute stage of injury. Scientists in USU's Department of Medical and Clinical Psychology, led a study published last year in the *Journal of Neuropsychiatry and Clinical Neurosciences* that looked at saccadic (rapid eye movement) impairments in individuals with remote mild TBI. The team used a newly-developed computerized



tool to assess visual attention and neuromotor performance, using saccadic and manual (button-press) responses to target stimuli. They found rapid eye movement could help reveal chronic effects of mild TBI that other traditional methods have been unable to detect.

A team of researchers in USU's Center for Neuroscience and Regenerative Medicine (CNRM) published a study last year in *Lancet Neurology* that found a distinct and previously unseen pattern in the brains of deceased service members who had been exposed to blast injury. This unique scarring pattern differed from the damage seen in the brains of those exposed to other types of head injury and involved vital structures of the brain. These particular areas, when damaged by blast, correlated with symptoms associated with a mild TBI, such as headaches, difficulty concentrating, sleep disorders, memory problems, depression and anxiety. By identifying this scarring pattern, we're truly making the “invisible wound” visible.

As part of our continued efforts to accelerate TBI research, USU's

CNRM provides unique support for the TBI research community and other Department of Defense (DoD) sites throughout the National Capital Area (NCA). The center is a collaboration between the DoD and the National Institutes of Health (NIH) with an overall goal of improving warfighter recovery. Its core research services, or “cores,” provide technical state-of-the-art facilities, fostering the development of innovative ideas, techniques and methods supporting preclinical and clinical studies. These 11 cores house much-needed resources, like biospecimen, brain tissue, and data repositories, used to help answer immediate questions. The cores also serve as a foundation for accomplishing future research more quickly and efficiently.

Last week, CNRM sponsored its annual NCA TBI Research Symposium across the street at NIH. This event was an opportunity for local scientists and clinicians to exchange ideas and network across the TBI community.

Additionally, USU's Center for the Study of Traumatic Stress has also been investigating numerous biomarkers, producing findings that will help improve TBI diagnosis and care.

These are just a few of the countless ongoing efforts led by our many talented researchers here at USU, allowing the Department of Defense and our nation to better understand TBI. Please join me in recognizing these individuals, including those working tirelessly behind-the-scenes, as we aim to increase awareness about these invisible wounds affecting our service members and veterans.

# Bethesda Notebook

**Colon Cancer Awareness**

Every Tuesday and Thursday in March, staff of the Department of Radiology at Walter Reed Bethesda will be available to provide information about colon cancer and how you can prevent or treat it with healthy lifestyle choices, at a display table set up in Building 9, west mezzanine (by The Wedge) from 11 a.m. to 1 p.m. For more information, contact Priscilla Cullen at 301-319-8876.

**G-Lot Closing**

G-Lot on Naval Support Activity Bethesda (across from the America Building) will be closing on March 20. All staff members with Red Parking Placards should park in Building 54 or Building 32 staff parking garages. Access to the Building 32 garage requires a coded Common Access Card (CAC) or proximity card to gain entry. Only staff members authorized a Red Parking Placard who do not have a proximity card or coded CAC should visit Building 102 (at Gate 1) between 5:30 a.m. and 2:30 p.m. (non-peak hours 9 a.m. to 1 p.m.) to get this done. People with questions can contact OS1 Nathan Brown at 301-295-8942 (nathan.brown3.mil@mail.mil) or Lt. Joshua Beeler at 369-2499 (Joshua.d.beeler2.mil@mail.mil), or email dha.bethesda.wrnmmc.list.communications-team@mail.mil.

**On the Cover**

Naval District Washington Command Master Chief Bobby T. Anderson speaks to Sailors during a command-wide CMC call in the USO building at Naval Support Activity Bethesda, March 8. During the call, Anderson took questions from the Sailors assigned to the base and reiterated his support for the hard work the security team does to keep the installation safe. In addition to the call, Anderson visited several locations around NSAB as part of a base tour.

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## Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones  
Public Affairs Officer: Jeremy Brooks  
Public Affairs Office: 301-295-1803

### Journal Staff

Managing Editor MC3 William Phillips  
WRNMMC Editor Bernard Little

Writers Andrew Damstedt  
Kalila Fleming  
Megan Garcia  
MC2 Hank Gettys  
MC1 Christopher Krucke  
Joseph Nieves

NSA Bethesda	
Fleet And Family Support Center	301-319-4087
NSAB Emergency Info	301-295-6246
NSAB Ombudsman	
Dedra Anderson	301-400-2397
NSAB Chaplain's Office	301-319-4443
	301-319-4706
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# Liberty Center Reopens Doors Under New Name

**By MC3 William Phillips  
NSAB Public Affairs**

The Liberty Center had to shut its doors for a period of time. “The Liberty Center was closed because of some insulation problems,” said Matt Jackson, the NSAB liberty program manager. “The ceiling insulation was outdated. It was closed for a short amount of time so construction crews could come in and do a really good job of fixing it. They lowered the ceiling and put in more long term insulation. We reopened Nov. 4.”

To minimize confusion the Liberty Program decided to change the name from the Liberty Zone to the Liberty Center, according to Jackson.

“The base has a parking lot that is also called the liberty zone,” said Jackson. “So we are in the process of changing the name.”

The Liberty Center consists of two parts.

“The primary role of the Liberty Center is to be a place of refuge for single service members ages 18-25 E-1

to E-6 or geo-bachelors E-1 through E-9. This base is unique because it is also available to wounded warriors.”

The second half of the Liberty Program mission is more inclusive than the Liberty Center itself.

“The second half of the Liberty Program is the trips that take place on the weekends. The trips are open to anyone that is base eligible,” said

**“We are here to give you an opportunity to pursue your passion.”**

Jackson “For instance we have an Atlantic City Trip coming up soon, the liberty program will have [discounted] pricing on the trip and it is open to anyone on base.”

The Liberty Center is a place where single service members can go in and play video games, take a nap or just talk to someone.

“We’ve got all the most current video games and consoles,” said Jackson. “It’s a place people can find comfort talking to the staff and make them feel like they aren’t alone here on base. We offer

a place where someone could come nap if you wanted to catch a midday “nooner”, we could section them away from everyone else so they could get a chance to sleep.”

The NSAB Liberty Center is part of the Navy Motion Picture Program.

“That means we get movies before they leave theaters and before they are released to DVD or [rental locations],” said Jackson.

Starting in late April, the Liberty Center will begin holding “block parties.”

“The last Thursday of every month we will be having a block party,” said Jackson. “We will have live entertainment, free food and games.”

There are multiple ways for someone to find out what is going on at the Liberty Center.

“We always encourage service members to come to the liberty Center and talk to our staff first to find out what is coming up,” said Jackson. “Other options would be ‘The Happenings’, which covers all things MWR, and we are scheduled to have a calendar in ‘The Journal’ that will have a two week schedule of upcoming MWR events.”

The liberty center is trying to assess

what interests service members have.

“We do the best that we can to try and guess what their passions are and provide opportunities to pursue that,” said Jackson. “But at the end of the day a lot of the programs that we offer are what we ourselves are excited about. That’s only because we are searching for what passions on this base might lie in.”

Base population interest usually shifts the program.

“The last base I was at in Sasebo, Japan; there was a huge emphasis on sailing,” said Jackson. “Even though sailing isn’t the biggest thing everywhere else, at that facility, sailing was massive.”

Jackson wants people to come in and talk to him or his staff about what they are interested in. “We are here to give you an opportunity to pursue your passion.”

The hours of the Liberty Center are Monday through Thursday 9 a.m. – 10 p.m., Friday and Saturday from 9 a.m. to 11 p.m. and Sundays are from noon to 10.p.m.

For more information about the Liberty Center, call Matt Jackson at (301) 319-8431.

# Intramurals Offer Camaraderie, Friendly Competition

**By Andrew Damstedt  
The Journal**

Registration is open for Naval Support Activity Bethesda’s spring intramural season, with games starting in April. The Fitness Center is still recruiting players for varsity sports.

“Sports in general have been proven to improve moods, boost concentration and reduce stress,” said Julia Kupchak, NSA Bethesda MWR Sports Specialist. “Especially when it comes to team sports, incorporating social elements gives physical activity a connection while unwinding with friends. This combination causes the ultimate release of dopamine in the brain and actually creates happiness.”

Soccer, golf and softball are the spring intramural sports offered. Those interested can register for soccer and golf until April 1 and the deadline for softball is May 1. Intramurals are open to active duty,

dependents and other eligible Fitness Center patrons who are older than 18. Contractors can participate in intramurals for a fee of \$5 per game.

Soccer season starts April 8 and goes until May 18 with games on Thursdays at 4:30 p.m.

Golf starts April 7 and goes until May 19 with games Fridays at 4 p.m.

Softball starts May 9 and goes until Aug. 17, with games Tuesdays, Wednesdays and Thursdays at 5:30 p.m.

Other intramural sports offered during the year include a summer lunchtime basketball league, evening basketball and flag football. There are also one-day tournaments of horseshoes (June 5); 3-on-3 sand volleyball (June 12), 3-on-3 basketball (Aug. 12) and dodgeball (Aug. 14).

“Having this time to participate in low stress and fun physical activities is a great recipe for military members to unwind and find peace of

mind,” Kupchak said. “It often allows space they need to mentally distance themselves from the rest of their day while enjoying themselves along with their friends and fellow service members.”

In addition to intramural sports, the base offers varsity sports, which allow players to compete against teams from other bases.

Practices have already begun for flag football and soccer, but those interested can still tryout for the team, Kupchak said. Tryouts for co-ed volleyball, which is a new offering this year, are March 21. Varsity soccer practices on Tuesdays and Thursdays with games on Saturdays and varsity flag football practices are on Mondays and Wednesdays with games Sunday evenings.

Other varsity sports offered during the year include basketball as well as men’s and women’s softball.

For more information, contact the Fitness Center Sports Office at 301-395-0032.



PHOTO COURTESY JULIA KUPCHAK

**Winners of this year’s All Star Basketball Competition, left to right, were Edward Smith (Basketball Skills Challenge winner), Charles Lewis (3-point contest winner), and Jamaal Thomas (Dunk Contest winner). This was the first year of this competition, which took place March 7, and is one of the many intramural sports offered by Naval Support Activity Bethesda’s Fitness Center Sports Office during the year.**



# Walter Reed Recognizes Women's History Month

## Trailblazers Who Paved The Way

By Bernard S. Little  
WRNMMC Public Affairs

March is Women's History Month. In observance, Walter Reed Bethesda will host a program March 17 at noon in the Memorial Auditorium, and everyone is invited to attend. The Multicultural Committee is sponsoring the program.

"I think it is important Women's History Month is observed because throughout time, society has, to some measure overlooked, what women have accomplished throughout history," said Hospital Corpsman 2nd Class Zu Yang, president of the Multicultural Committee.

"If we want to promote diversity and equality, we need to first recognize women's accomplishments and contributions they've made not only throughout history, but today as well. We need to make every effort to recognize that men and women are equal. Without women, we would not have the freedom and liberty we have today," he added.

"I think Women's History Month is a time to honor and remember important contributions made to society by some impressive women. Additionally, these female legacies may inspire younger generations of men and women," agreed Army Col. (Dr.) Inger Lerra Rosner, director of Urologic Oncology and the Center for Prostate Disease Research at Walter Reed National Military Medical Center. She is also assistant professor of surgery at the Uniformed Services University on Naval Support Activity Bethesda.

The sentiments of Yang and Rosner regarding Women's History Month echo this year's theme for the observance, "Honoring Trailblazing Women Who Have Paved the Way for Future Generations."

"My personal female heroine is my own mother, as cliché as that may sound," Rosner continued. "There are too many reasons as to why, but she is the most important female mentor in my life and always has been." One of those reasons is Rosner was inspired by her mother's strength, and the care she received during her illness to enter the health-care profession.

"My mother was a cancer patient during my high school and college years," Rosner explained. "It was a very challenging time for my family. Her surgeons and oncologist had such an enormous impact on me — they were caring, thoughtful and so dedicated. It inspired me to try to give that level of care to others."

Rosner added, "Women's history

matters in the bigger context because all history matters. It is the story of all of us."

One such story is that of Dr. Mary Walker. Out of the nearly 3,500 Medal of Honor recipients, Walker is the only woman to have been awarded the medal. Born in 1832 Oswego, New York to abolitionist parents who were considered "free thinkers," Walker wore men's clothing from an early age. She graduated with honors as a medical doctor from Syracuse Medical College in 1855, the only woman in her class. She began a medical practice in Rome, New York, but when the Civil War started in 1861, she attempted to join the Army as a medical officer. She was rejected because of her gender, but volunteered anyway and became an acting assistant surgeon.

She worked unpaid at a temporary hospital in Washington, D.C., before moving to Virginia in 1862 where she treated the wounded at field hospitals. In 1863, she moved to Tennessee and gained a position as a paid surgeon with the Union forces. In April 1864, she was captured by the Confederacy and held as a prisoner of war for nearly four months. She and other Union doctors were eventually exchanged for Confederate medical officers. Following her release, Walker became the medical director at a hospital for women prisoners in Kentucky.

In November 1865, President Andrew Johnson signed a bill awarding Walker the Medal of Honor for Meritorious Service. The citation stated she, "rendered valuable service to the Government, and her efforts have been earnest and untiring in a variety of ways." The citation added, "[she] faithfully served as contract surgeon in the service of the United States, and has devoted herself with much patriotic zeal to the sick and wounded soldiers, both in the field and hospitals, to the detriment of her own health, and has also endured hardships as a prisoner of war four months in a Southern prison while acting as contract surgeon."

Walker wore her Medal of Honor nearly every day until her death in 1919, despite the fact that in 1917, the medal was rescinded because Congress changed the eligibility requirements to receive the medal. In 1977, President Jimmy Carter restored her medal posthumously.

Following the war, Walker became a writer and lecturer, supporting such issues as health care improvements, temperance, women's rights, and dress reform for women.

Another trailblazing woman in military medicine is the current Army Surgeon General, Lt. Gen. (Dr.) Nadja West. She became the Army's first black



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surgeon general Dec. 11, 2015. In 2013, West became the first black female major general of the Army's active component, and was Army Medicine's first African-American female two-star general.

A graduate of the U.S. Military Academy at West Point, New York, where she earned her bachelor's degree in engineering, West received her medical degree from George Washington University School of Medicine in Washington, D.C.

Prior to becoming the Army surgeon general, one of West's previous assignments was as deputy commander for integration at the National Naval Medical Center, a predecessor to Walter Reed National Military Medical Center, where she became the first Army officer to join the NNMC leadership team prior to it joining forces with Walter Reed Army Medical Center in 2011 to become WRNMMC.

West has said of her achievements: "I never really thought about that part. My parents taught me to work hard and

be the best I can be and things will work out. I'm just really honored. If anything at all, I hope I can be an inspiration to any one or any group that has not seen themselves in certain positions. We all want to see people who look like us doing certain things to give us inspiration. Hopefully, I can inspire someone to be able to say, 'I can do that.'"

Air Force Lt. Col. (Dr.) Kerry Latham, a plastic surgeon at WRNMMC, shared similar sentiments.

"If you ask me who I am, the first thing I would tell you is, 'I am a surgeon. It is my identity.' I care deeply about taking great care of others and working as a team," Latham said.

In regards to being a woman and physician in uniform, Latham said, "I think the best part is that I am just like everyone else. I am not treated differently because I am female."

"My greatest achievement happens every time a patient tells me he or she is happy with the results of his or her surgery. I like to make people happier and healthier," she added.



# Marine Gunnery Sgt. Archie Bids Farewell, Marine Cpl. Dillion Welcomed Onboard



STORY AND PHOTO BY MCI CHRISTOPHER KRUCKE WRNMMC PUBLIC AFFAIRS

Marine Gunnery Sgt. Archie, a therapy dog at the Walter Reed National Military Medical Center in Bethesda, Maryland, was read his retirement citation March 7 during a ceremony in the rotunda of the historic Tower on Naval Support Activity Bethesda. The German Shepherd spent seven years in the medical center's facility dog program, which uses dogs to assist in the physical and occupational therapy of wounded, injured and ill service members, as well as serve as morale builders for patients, staff and visitors to WRNMMC. Marine Cpl. Dillon, a black lab, was welcomed onboard WRNMMC during the same ceremony.

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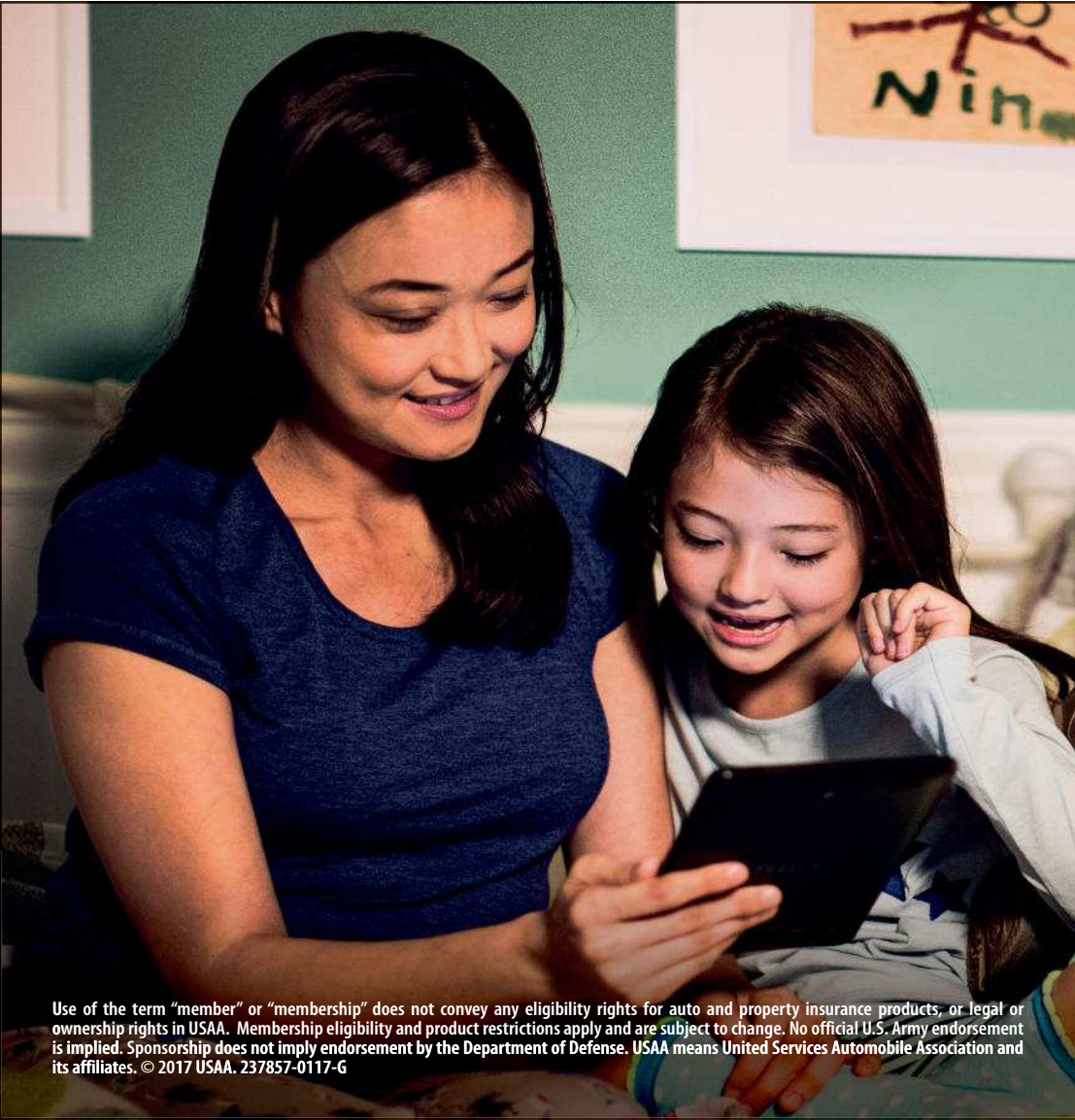
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# Newest NSAB ASF Members Graduate



PHOTO BY MC2 HANK GETTYS

The newest Naval Support Activity Bethesda (NSAB) Auxiliary Security Force graduates pose for a photo with NSAB Commanding Officer Capt. Marvin L. Jones (left) March 10.

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3/18

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National Harbor-MGM Excursion, \$5 Departs at 4 p.m.  
Sign up in the Ticket and Travel Office, Bldg. 2.

3/22

Wine and Weave at Below Deck, NGIS 4:30 p.m. to 7:30 p.m.  
<https://wineandweavemar2017.eventbrite.com>

3/24

Lebanese Luncheon at the Warrior Café 11 a.m. to 2 p.m.

3/25

Trip to Atlantic City, \$20 8 a.m.  
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## Liberty Center

Bldg. 11

WII, NMA, Geo-Bachelor, E1-E6  
PH 301-319-8431

3/16 6 pm

Basketball Watch Party

3/19 Noon

Comedy Movie Marathon  
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